

Dilled Fish Fillets

Makes: 4 servings

Use fish fillets from the freezer in this recipe to make a quick, weeknight seafood dinner.

Ingredients

- 1 pound** haddock or cod fillets (frozen)
- 1 tablespoon** lemon juice
- 1/8 teaspoon** dill weed (dried)
- 1/8 teaspoon** salt
- black pepper (optional)

Directions

Microwave Method:

1. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces
2. Place fish in a glass-baking dish. Cover with wax paper.
3. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
4. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.

Skillet method:


1. Separate into four fillets or pieces.
2. Place fish in heated fry pan. Sprinkle with lemon juice and seasonings.
3. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes.

Nutrition Information

Nutrients	Amount
Calories	82
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	36 mg
Sodium	289 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	17 g
Vitamin D	40 IU
Calcium	21 mg
Iron	1 g
Potassium	421 mg

N/A - data is not available

MyPlate Food Groups

 Protein Foods 2 1/2 ounces

